

Importance of 'paying it forward'

By MASTER SGT. BRYON NELSON 379TH EXPEDITIONARY SERVICES SQUADRON FOOD SERVICE FLIGHT CHIEF

When you were a child or young adult, was there someone in your life — a teacher, neighbor, relative, coach, friend or boss who encouraged you, showed you the ropes and helped you become who you are today? That person was a mentor. What does mentorship mean to you?

We bring a wide range of life experiences

to our mentoring relationships. As a result, we are a wonderful source of advice and information. Regardless of our background, the greatest gift we may offer anyone, especially to our young people, is a genuine interest in their life and our willingness to listen attentively and provide quality, focused feedback. As a mentor we can offer the consistent opportunity to talk with and share their wants, needs and expectations. And a mentor in turn can provide those positive strokes that will help them find ways to fulfill those needs and desires of achievement.

My parents were my first mentors and are still critically important to me. They believed that the greatest rewards for work well done were in a job well done.

They have a kind of inherent modesty about them and a dedicated work ethic — something I try to emulate every day.

To be a mentor you don't require any special skills. Think back to the positive words from one of your mentors and remember the wonderful sensation of someone taking a vested interest in your future. My first mentor in the Air Force had a significant impact on the

way I eventually viewed my commitment to being a proud member serving in the Profession of Arms. My whole philosophy of how an Airman fits into the "Big Picture" of the Air Force mission was blown away when Tech. Sgt. Milton Hobdy stated, "Airman Nelson, you are accountable to the Air Force." As a senior airman I had no idea what he meant at the time. I know now it was his way of stoking the fire of determination I had deep within my soul that I was letting be dormant like a bear at winter time.

That comment continues to drive me today!

I believe mentorship can be defined in three vital areas: advice, access and advocacy. Without mentorship we can wander our entire careers and never comprehend the true measure of our godgiven ability and the many significant contri-

butions we may make to others. These three important measures of mentorship have served me and my "mentees" well.

□Advice: From time to time, your "mentee" may need a second opinion or a different perspective; you can provide that critical link. When offering advice, however, recall life experiences good and bad to provide an objective point of view and offer a myriad of quality choices. Most importantly, listen intently to their precious point of view — it connects the mentorship bond.

□ Access: One of the most valuable things you can do is help connect your "mentee" with other people, opportunities and information that is otherwise out of their reach. That's what access is all about — helping

people find an avenue to get involved in new situations or find additional resources that will help them grow personally and professionally.

Advocacy: You can be an advocate for your "mentee." In other words, work on their behalf to get them the recognition they deserve or the resources they need to resolve issues or challenges. You will have to create opportunities to get to know your "mentee" as a person and find his or her goals and define them. The more you learn about them, the

stronger an advocate you can be for their success and assist them in completing the whole person concept.

People are successful for a lot of reasons, but I hold steadfast to the grounding effect of mentorship and the success that comes from this nurturing relationship. I don't think there's any richer

reward in life than helping someone. You can't measure it in money or fame or anything else. But if we're not put here for anything else but to help each other get through life, I think that's a very honorable existence.

As professional warriors it's more than our duty to be mentors, it's a dedicated calling. The very fibers of our existence have been woven by at least one memorable mentor and now it's our obligation to "pay it forward."

Mentors come in many forms. My Airmen mentor me every day, and I thank them for their valuable time. Mentors are the life rafts for the successful future of our Air Force. We all need to offer the guidance that defines quality mentorship — our personal and professional success depends on each other.

"As professional warriors it's more than our duty to be mentors, it's a dedicated calling."

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For more information, call 437-2868.

New TSA policy supports servicemembers, families

By 2ND LT. JASON MCKERNAN
AIR COMBAT COMMAND PUBLIC AFFAIRS

A new Transportation Security Administration policy allows deploying servicemembers to spend more time with their families before boarding airline flights.

Under the new TSA guidelines, family members may receive a pass by the airline granting them access beyond the security checkpoint to escort deploying servicemembers to their gate while they await commercial flights.

Family members can also get a pass to greet their deployed servicemembers at the gate when they return home.

The airline the servicemember is flying with issues the passes to family members at the ticket counter. Family members will be required to have photo identification and the pass to get past the TSA security checkpoint.

Relatives must follow the same rules and guidelines as airline passengers to access

the sterile concourse areas of the airport.

"It is important for family members to remember they cannot bring prohibited items into the concourse," said Deirdre O'Sullivan, a TSA spokesperson.

According to the TSA Web site, prohibited items are weapons, explosives and incendiary devices.

A list of prohibited items is available at http://www.tsa.gov/interweb/assetlibrary/Prohibited_English_4-1-2005_v2.pdf.

However, this is not an all-inclusive list of prohibited items. If someone is unsure about whether an item is prohibited or not, either store the item in checked luggage or leave the item at home.

The TSA policy is scheduled to continue indefinitely at the nation's 450 commercial airports.

(Courtesy of Air Force Print News)

Athlete's foot relief available

Athletes aren't the only ones who get the itchy condition known as athlete's foot or *Tinea pedis*. Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes.

The signs of athlete's foot are drying skin, itching, scaling, inflammation and blisters. Blisters often lead to cracking of the skin and when they break, small raw areas of tissue are exposed, causing pain and swelling. Itching and burning may increase as the infection spreads.

Athlete's foot may spread to the soles of the feet and to the toenails. It can spread to other parts of the body, notably the groin and underarms, by those who scratch the infection and then touch themselves elsewhere.

The fungus causing athlete's foot last for long periods. Consequently, the infection may be spread by contaminated bed sheets or

clothing to other parts of the body.

Everyone can prevent infection by practicing good foot hygiene. Don't shower barefoot and wear sandals when walking around the pool area and locker rooms. Daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes and socks regularly to decrease moisture, helps prevent the fungus from infecting the feet. Using foot powder daily is also helpful.

Treatment can be fairly simple. People should report to the 379th Expeditionary Medical Group front desk and ask for an athlete's foot kit.

For more information, visit the public health office or call 437-8741.

(Information provided by the 379 EMDG Public Health Office)

Commander's Action Line

The Action Line is a direct link to the commander for complaints, suggestions or comments. When normal chain of command channels haven't been able to resolve the concern, call 437-2702 or e-mail action.line@auab.centaf.af.mil.



BRIEFLY

Purchasing sports drinks

With temperatures on the rise, adequate hydration is a health and safety concern.

According to a wing policy letter released Feb. 15, those units performing medium to heavy work outdoors in heat stress Category 5 are authorized to use operations and maintenance funds to purchase sports drinks.

For more information, the policy letter is available on the Intranet at http://intranet.auab.centaf.ds.af.mil/Policy/Docs/Sports% 20Drink%20Policy.pdf.

Rotator processing

With this rotation drawing to an end, base members are reminded of the following rotator processing guidelines:

☐ Passenger and baggage check-in starts 15 hours before the scheduled departure and ends five hours before departure. If a person has not checked in during these times they will lose their flight reservation. Space Available roll call is four hours and 45 minutes before departure.

☐ All confirmed passengers must be in the terminal three hours before departure.

☐ All travelers must have two copies of their orders with their full social security number and a photo copy of the front and back of their ID card.

☐ Flight updates can be found on Commander's Access Channel 2 and on the Intranet under the Quick Links tab.

Air conditioners

Base members are reminded that dorm room air conditioners must be turned off when the room is unoccupied.

BX merchandise requests

If someone would like to see the base exchange carry an item not normally in stock or frequently sold out, call Kelly Franz or Connie Johnson at 437-8751, or visit them at the BX.

Medical outprocessing

To outprocess the hospital, members must visit the media center within 10 days of departure to complete the online portion of medical outprocessing. People on flying or PRP status should then go to flight medicine and everyone else should proceed to the hospital.

Outprocessing will be conducted Mondays, Tuesdays, Thursdays and Saturdays from 9 to 11 n.m. and every day from 9 to 11 n.m.

For more information, call 437-8867 or 437-8804.

DESERT EAGLE April 17, 2005

C-130J crew tests skills in Afghanistan

By MAJ. BERNADETTE DOZIER PUBLIC AFFAIRS

A C-130J crew from the 746th Expeditionary Airlift Squadron based here put their training, experience, skills and aircraft to the test April 11 in Afghanistan.

The Air National Guard crew, deployed here from the 175th Wing at Baltimore, Md., made the first short-field, dirt airstrip landing in the U.S. Central Command AOR when their wheels touched down at Forward Operating Base Salerno, Afghanistan. While C-130J crews have landed on dirt strips during training, this was the first operational mission, according to aircraft commander Lt. Col. Mike Mentges.

"On a short field aircraft performance is critical," said into Colonel Mentges citing time of day and temperatures as key factors they had to consider. "The powerful engines on the J-model enabled us to do this job more effectively and safely because of the increased power and performance this aircraft has."

The runway was not the only challenging aspect of their mission. The crew had to load oversized cargo — a 25,000 pound fire truck that needed to be rotated out. If that alone didn't pose difficulties, the crew did this while the engines were running and with wind and dust blowing all around them.

A J-model crew normally consists of a pilot, co-pilot and two loadmasters; because of this type of cargo, crew chief Staff Sgt. Bill Burdette, also from the 746 EAS, flew along to assist with the load.

While the crew consisted of two very experienced loadmasters — with a total of 5,200 hours in various C-130 models between them — this was not an easy task because they don't load and unload this type of cargo often, according to Tech. Sgt. Matthew Kerstetter.

"I've done this twice in 14 years and the last time was 14 years ago," said Sergeant Kerstetter. However, he and the rest of the crew reviewed the procedures for oversized cargo and worked hard to prepare for the mission.

The loadmasters had to cautiously



Tech. Sgt. Matthew Kerstetter and Master Sgt. Freddy Harper, 746th Expeditionary Airlift Squadron C-130 loadmasters deployed from Baltimore, Md., direct a fire truck into the cargo hold area of the aircraft during a C-130 J mission April 11 in Afghanistan. This was the J-model's first operational dirt airstrip landing in the AOR.

guide the firetruck's driver as he backed the vehicle up the ramp and into the aircraft. Once the vehicle was straight, they could maneuver it a little to the left and right — but there was no room for error.

"(The key is to) get it straight behind the aircraft before it gets on the aircraft. You only have three or four inches on each side to get it lined up, plus once it's on the aircraft you have to watch the height," said loadmaster Master Sgt. Freddy Harper.

"It's really scary because if it's off a little bit, (the driver) could hit the rails and you don't want that because that'll ruin the rails and ground your aircraft," he added.

Besides getting the fire truck lined up, the loadmasters had to position it so the center of gravity was within aircraft limits, Sergeant Harper said.

"This was a great opportunity ... it was exciting and a little nerve-racking because you can't sit the vehicle anywhere on the aircraft," he added.

The aircraft commander had nothing but praise for the crew.

"It was a very tight fit ... initial alignment is very important. These guys did it right the first time — with the engines running," Colonel Mentges said.

"We were able to go in there, land, load it up and bring it out."

Since the J-models have been here in December, the sorties the aircrews have flown have been on runways 10,000 feet and longer. In this case, they took off from a 4,000-foot strip weighing 137,000 pounds from high elevation, according to the colonel, who has more than 1,500 flying hours in the J-model.

Co-pilot Maj. Julie Petrina cited preparation, teamwork and creativity as reasons for this successful mission.

"Obviously, we did a lot of preparation getting ready for this," said the major, who has 1,200 hours flying the C-130J.

Unlike crews for other C-130 models, the J variant doesn't include a flight engineer or navigator.

"We've been creative in (the AOR) using the resources we have.

Loadmasters are performing some pilot duties and pilots have been performing some of the loadmasters' duties. We're learning a lot of valuable info to train our crews back home," she added.

"We have great training programs for all the crew positions," Colonel Mentges said, "Doing this on the dirt and at high altitude is unusual, but it's great to be here to get the opportunity to do all the things we do back home for training." April 17, 2005 DESERT EAGLE



Story and photos by SENIOR AIRMAN KARAH MANNING

PUBLIC AFFAIRS

The 379th Expeditionary Medical Group surgical team can do what no one else in the AOR can.

The team has performed more than 80 procedures since they arrived in January. This has included emergency surgeries on servicemembers coming off the front lines as well as surgeries considered necessary but not life-threatening, which in the past would have required personnel to be airlifted out of the theater, said Lt. Col. (Dr.) Michael Miller.

The five-person team does the work that would normally be done by at least a dozen people at any given hospital. Members of the team do everything from sanitizing instruments to mopping the floor after a surgery is over.

The team consists of Lt. Col. (Dr.) Stacy Shackelford, a general surgeon; Doctor Miller, an orthopaedic surgeon; Capt. Edwin Valentin,

operating room nurse, all deployed from RAF Lakenheath, England; Capt. James Olanda, an anesthetist nurse deployed from Lackland Air Force Base, Texas; and Tech. Sgt. Marquis Weir, an Air National Guard OR technician deployed from Memphis, Tenn.

"We're unique in the AOR; we're able to do surgeries no one else in the AOR is capable doing," Doctor Miller said. "It is a force multiplier because we're able to get people back to duty with relative ease without sending them out of the (AOR)."



sorts through surgical instruments before sterilizing them. A hernia surgery requires about 50 instruments.

Sergeant Weir, Doctor Shackelford and Doctor Miller separate the hernia sack from the layers of tissue and muscle below the patient's belly button. Once the sack is removed a plastic "patch" is applied to the hole.

Officials announce TSP open season in effect

RANDOLPHAIR FORCE BASE, Texas

— Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the "open season" now through June 30.

"TSP is a long-term retirement savings plan, which everyone should consider," said Jackie Holland, task manager at the Air Force Personnel Contact Center here. "It's a great supplement to military and civilian retirement plans.

"It's also important to note that TSP is not limited to investing in stocks," Ms. Holland said. "People can choose safer government securities as well."

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons, said Janet Thomas, of Air Force Personnel Center's civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

"Eligible employees can take out loans and make in-service withdrawals from their TSP accounts," Ms. Thomas said. "And you can keep your account, even if you leave military or federal civilian service."

Investment money is deposited directly from each paycheck "so you never have to think about it," Ms. Holland said. "That makes it easy to 'pay yourself first' while only investing what you deem appropriate."

The five TSP funds are: the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund.

TSP officials said they also hope to make "Lifecycle" funds available mid-2005. Lifecycle funds are "target asset allocation portfolios" that will hold a mix of the five funds currently available. The mix of funds is chosen based on the date the employee expects to need money for retirement. More information is available online at www.tsp.gov/curinfo/specint/LFC-Qs&As.html.

"As with any individual retirement account, the sooner you begin contributing, the better," Ms. Thomas said.

Contribution elections and/or changes made between April 15 and June 11 will take effect June 12, for servicemembers and civilians. Changes made on or after June 12 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military.

Public Law 108-469, signed into law Dec. 21, will eliminate TSP open seasons. The Federal Retirement Thrift Investment Board is implementing this law July 1. As a result, beginning July 1, civilian employees and servicemembers may start, change, stop or resume contributions at any time. For civilians, the elections will be effective at the beginning of the pay period following the one in which

submitted, and for military members elections will be effective the following month.

Some program specifics include:

- ☐ Servicemembers can contribute up to 10 percent of their base pay, as long as the annual total of tax-deferred investment is not more than \$14,000 for 2005. Airmen also have the ability to invest all or part of their bonuses or special pay.
- ☐ Those serving in tax-free combat zones are allowed up to \$42,000 per year in contributions.
- ☐ Airmen can enroll through the Defense Finance and Accounting Service Web site at www.dfas.mil/emss/. They can also enroll by filling out a form at a military personnel flight, finance office or family support center.
- ☐ Contribution allocations (how an employee chooses to invest money among the five funds) can be made by calling the TSP automated line at (877) 968-3778, or (504) 255-8777 for people abroad, or on the TSP Web site at www.tsp.gov/. For general TSP questions, call the Air Force Personnel Contact Center at (800) 616-3775.

☐ Specific TSP information is available for Airmen at www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

More information about the Thrift Savings Plan is available in the booklet "Summary of the Thrift Savings Plan" on the TSP home page under civilian or uniformed services TSP Forms and Publications.

(Courtesy of Air Force Print News)

This Week in Air Force History

Today

1999 — For the first time, the Air Force sent the RQ-1 Predator on flights in a combat zone. The unmanned aerial vehicle performed reconnaissance flights over Serbia during Operation Allied Force.

Monday

1942 — Col. James Doolittle led 16 B-25s from the aircraft carrier *Hornet* to bomb Tokyo and other sites in the first U.S. air raid on Japan. Because of the range, the raiders had to crash-land in China. For leading this mission, Doolittle earned the Medal of Honor.

1951 — From Holloman Air Force Base, N.M.,

an Aerobee research rocket carried the first primate, a monkey, into space.

Tuesday

1967 — Maj. Leo Thorsness earned the Medal of Honor for protecting a mission to rescue downed Airmen in North Vietnamese territory. Major Thorsness shot down one MiG-17, damaged another and drove off three more. Dangerously low on fuel, he diverted to a nearby base, allowing another aircraft to receive an air refueling. Shortly after this incident, he was shot down, captured and held prisoner until his release on March 4, 1973.

1993 — Units in Alaska participated in the Air Force's first combined exercise with the

Russian air force. It was a search and rescue exercise in Serbia.

1995 — After a truck bomb exploded and partially destroyed a federal building in Oklahoma City, killing 169 people and injuring more than 400 others, the Air Force airlifted firefighters, search and rescue teams, investigators and medical members to Oklahoma.

Thursday

1953 — Operation Little Switch began. By May 15, the Air Force had airlifted more than 150 sick and wounded former prisoners of war from Korea to Japan and on to the United States after North Korea released them in a prisoner exchange.

EMOS unit guards diverse flying mission

By TECH. SGT. MICHAEL DORSEY PUBLIC AFFAIRS

With fighter, tanker, cargo, transporter and intelligence, surveillance and reconnaissance aircraft at the largest wing in the AOR, the flightline here is nothing short of active.

Such diversity of aircraft and missions requires a level of uniformity that keeps maintenance operations safe. Enter the 379th Expeditionary Maintenance Operations Squadron.

As the smallest unit in the 379th Expeditionary Maintenance Group, 379 EMOS members are the eyes and ears of the 379 EMXG commander and are responsible for ensuring maintenance operations follow standards that keep aircraft flying.

"All of our functions are oversight, monitoring the day-to-day operations of aircraft maintenance," Chief Master Sgt. Rian Cronin, 379 EMOS superintendent said. "We ensure quality maintenance by assuring flight and personnel safety and guaranteeing long-term health of our aircraft and equipment."

From expediting parts, to ordering and enforcing technical orders, to ensuring scheduled maintenance of aircraft does not go overdue, 379 EMOS Airmen put in long hours to keep the flying mission going around the clock.

The National Football League has employees known as the "fashion police" — 32 inspectors looking for players not adhering to the league's uniform policy. The 379 EMXG has something similar in 379 EMOS — bringing order and consistency to maintenance operation procedures regardless of the aircraft.

"Standardization and uniformity make it easy to transition from base to base. We shouldn't do things much different here, if any at all, than at home station," said Chief Cronin, deployed here from Nellis Air Force Base, Nev.

The squadron brings uni-

formity to the maintenance field through its core sections: depot engineer; base engine manager; maintenance and supply liaison; plans, scheduling and documentation; data systems analysis; maintenance operations center and 379 EMXG quality assurance.

Although not assigned to 379 EMOS, maintenance supply liaison members, part of the 379th Expeditionary Logistics Readiness Squadron, work at 379 EMOS monitoring the overall maintenance and supply interface and resolves supply support problems while acting as the liaison between maintenance units and regional supply squadrons. The role they play in expediting parts and equipment needed for flightline maintainers is critical to the mission. Col. Rob Burnett, 379 EMXG commander, said "MSL is our lifeblood."

Depot liaison engineers work with maintainers to get the right parts from the right resources and monitor maintenance operations for negative trends or problems needing technical assistance.

The base engine manager supports the daily flying of all aircraft by monitoring engine and propeller health of the wing's fleet.

Plans and scheduling members oversee aircraft maintenance unit scheduling sections. The ability to plan for both scheduled and unscheduled maintenance, while meeting the flying schedule is no easy task, according to Tech. Sgt. James Tuggle, NCO in charge of wing scheduling. He said his job is all about knowing every aircraft within a squadron, its configuration and upcoming maintenance requirements.

"It's a juggling act requiring knowledge, patience, foresight and extreme flexibility," said Sergeant Tuggle, deployed here from Whiteman Air Force Base, Mo. "Ask someone knowledgeable about flightline scheduling and they'll tell you that not only do you need a plan A, B and C ... you need a plan D."

Members of maintenance ops monitor, coordinate and track every facet of the wing's sortie production. As the primary communications conduit within maintethe nance group, it is one of the largest 379 EMOS sections. They collect information for reporting status of flights, change of aircraft flying schedules and other aircraft safety issues.

"I think because of the tracking and the availability of us doing the leg-

work on a lot of issues for the flightline we play a large part in making sure things run smoothly," said Tech. Sgt. Wayde Guidry, a maintenance operations center controller. "We are the information center for all the agencies on and off the flightline when it comes to fixing the aircraft. If people have questions about what is going on with things on the flightline ... we should, if given the information, be able to answer the questions."

The other large section is quality assurance, where inspectors evaluate and assess aircraft maintainers' proficiency. They also evaluate the condition of aircraft and equipment and manage maintenance programs. Responsible for investigating incidents that occur on the flightline or maintenance areas, QA reports the findings directly to the 379 EMXG commander.

Although the unit creates and regulates standards for future deployments, 379 EMOS members



Tech. Sgt. Shawn McDuff, 379th Expeditionary Maintenance Group quality assurance chief inspector deployed from Tinker Air Force Base, Okla., inspects a composite tool kit Tuesday for errosion and damage.

assist aircraft maintainers and don't just look to write up deficiencies. They also give technical advice on questions from maintainers to ensure they are interpreting policies correctly, according to Tech Sgt. Brent Goforth, an inspector deployed from Dyess Air Force Base, Texas.

"What I enjoy the most is interacting with maintainers, not just to inspect, but to give something back with my years of experience. I try to share my knowledge to help them become better," Sergeant Goforth said.

While 379 EMOS must be prepared to oversee and assist maintainers, squadron leadership agrees managing Airmen deployed from 17 different bases in 23 career fields with various levels of training, is its biggest challenge.

"It is a challenge, but (it is) rewarding," said Maj. Melissa Batten, 379 EMOS commander. "Where else would you get this many people from all walks of life working together?"

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Bioenvironmental helps ba

By TECH. SGT. MICHAEL DORSEY PUBLIC AFFAIRS

The 379th Expeditionary Medical Group's bioenvironmental engineers here do more than take water samples and report the daily heat stress index to the command post.

In fact, the BEEs are responsible for handling the medical aspects of nuclear, biological and chemical dangers that can wreak havoc on the mission and its people — a big difference from what they are usually known for.

"We're like the Environmental Protection Agency and Occupational Safety Health Administration for the base," said Staff Sgt. Kimberly McKinney, NCO in charge of the section. "We do a little bit of everything."

With more than 60 industrial locations, 13 areas that require water sampling and four workplaces housing special equipment that must be inspected, Maj. Joel Almosara, bioenvironmental engineering chief, and his staff travel around base making routine visits.

During every Air and Space Expeditionary Force rotation, bioenvironmental engineers must inspect each individual work place here. However, it's a phone call, not the inspections, that usually gets them started on their duty day.

Working very closely with the public health office, the three-person team, which consists of Major Almosara, Sergeant McKinney and Senior Airman Brian Campbell, all deployed from RAF Lakenheath, England, investigates occupational health illnesses or injuries, providing facts to the medical providers allowing them to make a better diagnosis for a patient.

"When we get a call we go to the site to investigate the situation," Major Almosara said. "We have equipment we can use to identify unknown materials."

One such item is the portable gas chromatograph mass spectrometer, a high-tech instrument that pulls air samples and specifically identifies any hazardous chemicals that exist on the spot.

Whether it's fuel splashed on an Airman or a suspicious package requiring inspection, BEEs have the equipment and resources to handle the problem.

They travel to nearly every area of the base including the flightline and organizations that support flightline operations.

"When the nondestructive inspection lab shoots its X-rays for cracks in aircraft, they need to be checked for their exposure to radiation," said Sergeant McKinney. She said they also perform air sampling tests to see if the wing's mission is creating unique environmental hazards.

"For shops that still use film we check the chemicals used to develop images. We also go to the structural repair shop since we are involved with the Respiratory Protection Program and check for hazards there."

One of the highlights for Major Almosara and his crew is the ability to

evaluate and approve the ventilation system of the newly built paint booth at the 379th Expeditionary Maintenance Group structures section.

Photos

The major said the paint booth would leverage the shop's capabilities to get the parts repaired and painted faster with a much better quality. Most important, because of their efforts, workers are safe from occupational health exposures caused by hazardous contaminants.

"We are here to support the warfighter in order for them to get the planes in the sky," Major Almosara said.

"They can contact us on any issues or concerns related to environmental and occupational health. Our business is prevention and we want to keep it that way."



Sergeant McKinney, Airman Campbell and Maj. Joel Almosara, chief of the Bioenvironmental Engineering Section also deployed from RAF Lakenheath, discuss sample readings taken at the base POL compound Wednesday.



Flight specialists during a jet fuel inspection Wednesday.

Airman Campbell uses a sound-level meter, which calculates decibel levels, during an inspection at the POL compound Wednesday.



Firefighters with the 379th Expeditionary Civil Engineering Squadron Fire Department perform a training session on how to stabilize an injured person Monday.

By SENIOR AIRMAN KARAH MANNING PUBLIC AFFAIRS

It's been said that firefighters are the only people crazy enough to run into a burning building when everyone else is running out.

Since 9/11, firefighters have received a lot of attention for the many sacrifices they make daily — and Air Force firefighters are no different. According to the 379th Expeditionary Civil Engineering Squadron Fire and Emergency Services Flight chief, the profession is a difficult one.

"The young men and women of the fire service are called upon 24-hours a day to respond to almost anything," said Senior Master Sgt. Brian Foster. "Every emergency is different and they have to be flexible and adapt to the given situation; the firefighters here exhibit these traits on a regular basis."

Most Air Force firefighters spend every other day away from their families, regardless of holidays, and are never done with training and testing. It's a calling that requires the dedica-

tion and patience it takes to train for a situation that will hopefully never come, said Staff Sgt. Lucas Douglas, a firefighter deployed from RAF Lakenheath, England.

"If we're using the training we've learned, it's a bad day."

But according to Sergeant Douglas, Lakenheath's 2004 Airman of the Year and Firefighter of the Year, the bene-



Staff Sqt. Lucas Douglas, a firefighter deployed from RAF Lakenheath, England, puts on his fire suit for an exercise Monday.

fits far outweigh the sacrifices.

"We train to help people," he said. "There's no job out there like fire (fighting)."

There are several specialties inside the firefighter career field — some members drive the trucks, some control the hose and some, like Sergeant Douglas, disregard the fire and help the people by becoming emergency medical technicians. Although he hasn't had to use his EMT training in a real-world fire situation, Sergeant Douglas does volunteer at a hospital's emergency room close to Lakenheath.

While he's an adamant supporter of his career field now, Sergeant Douglas began with a very different career path in mind. He originally wanted a job in services, hoping to attain the business skills needed to open his own bar. But he didn't have a guaranteed job and was only offered positions in security forces or firefighting, which he chose with a half-hearted spirit - a choice that has proved to be the right one, the sergeant said.

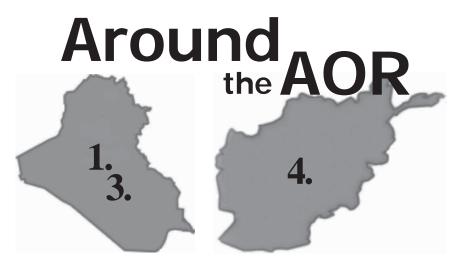
"This was the right decision for me. There's nothing else I'd rather be doing in the Air Force than working in the fire department," said Sergeant Douglas who is proud of the unique responsibilities he has as a firefighter. "We don't do normal Air Force work — we don't fix (aircraft), we don't fill gas tanks or serve food. We train and then wait until we're needed — it's kind of like being Batman. It's a big responsibility, but it feels good."

Sergeant Douglas' supervisor, Staff Sgt. Salvador Ballesteros, also deployed here from Lakenheath, said dedication and a willingness to help people on- and off-duty are key characteristics in a quality firefighter — qualities that Sergeant Douglas embodies.

"In his on- and off-duty work he goes above and beyond," Sergeant Ballesteros said of his troop who sewed on staff sergeant in October. "We all answer the same emergency calls, but he takes on the demanding tasks when others want to only do the easy jobs."

Such dedication and job enthusiasm are important when the emergency bell rings through the halls of the fire department.

"We don't have that many 'real' calls, so when you do respond to one of those, it makes you realize this isn't a game," Sergeant Ballesteros said, recalling an emergency he responded to while deployed to Saudi Arabia where the crew was unable to save a man. "It makes you focus on your job more and makes you want to better yourself and better your coworkers because you never know when they'll respond to a situation involving your family or friends. If you've trained them the wrong way, they'll respond the wrong way."



Editor's note: This section of the Desert Eagle is designed to give readers a bigger-picture perspective on overall operations occurring within the U.S. Central Command area of responsibility. It is compiled weekly from wire sources. For more Air Force and DoD information, people may visit www.af.mil or www.defenselink.mil.

New Iraqi president: Coalition needed till 'no danger'

IRAQ — The Iraqi government will require "American and other allied forces in Iraq ... until we will be assured there will be no danger" of terrorists intervening in Iraqi internal affairs, Iraq's new president said April 10 in Baghdad.

Still, Iraq is rebuilding its military and security forces "as soon as possible," President Jalal Talabani told CNN's "Late Edition" host Mr. Wolf Blitzer.

President Talabani, who was elected by Iraq's parliament April 6, predicted that a U.S. military withdrawal from Iraq could occur "within two years." But he cautioned that any removal of U.S. troops from Iraq would depend on "many factors," such as securing the country from terrorism and internal strife.

Any U.S. troop reductions or withdrawals, President Talabani added, would also depend "on the common desire of (the) Iraqi people and American people." Even after a U.S. military withdrawal, the Iraqi president said his government would "remain in full consultation, coordination and cooperation with our American friends, who came to liberate our country."

When asked by Mr. Blitzer when Saddam Hussein and his minions might be put on trial, President Talabani responded that the deposed former dictator and others would face justice after Iraq's new government is fully established. "One of the tasks of the new government is to send those criminals to be tried in court," he said.

Transformation efforts expand to include focus on languages, culture

WASHINGTON — The Defense Department is working to improve capacity and competence in world languages and culture, a top official said April 7.

While the U.S. military has always had personnel with basic competence in foreign languages, there is a greater need in the post Sept. 11 world, Undersecretary of Defense for Personnel and Readiness Mr. David Chu told reporters in his Pentagon office.

"In today's world," Mr. Chu said, "we need people with a higher level of linguistic competence. On a scale of one to five, with five being the highest, the typical level of competence during the Cold War was about two.

"In this era of global terrorism, that's not good enough," he added. "We need more people in the civilian and military ranks with a capacity in one or more of the 'investment' languages, such as Chinese, Japanese, Korean, Arabic (and) Farsi."

Mr. Chu said proficiency must go beyond standard speaking and reading skills to include competence in various dialects, slang and an ability to write. "(Military linguists) must be able to understand people speaking in nuanced terms or alluding to current or historical events in a culture," he said.

"People working in the field must be able to understand the political environment and the leaders. So both linguistic and cultural competency must be at a higher level. We need greater depth," he said.

Mr. Chu said the Defense Transformation Language Roadmap outlines several ways to accomplish this goal. For example, one way to help build a foundation of expertise is to strengthen the skills of personnel who currently have some language proficiency. Another possibility is to "raise the starting point" by building language requirements into the curriculums of service academies, requiring junior officers to complete language training, expanding programs for studying abroad and making foreign language ability a criterion for general and flag officer advancement, he said.

For fiscal 2005, the DoD has increased the Defense Language Institute's budget from \$103 million to \$153 million. An additional \$45 million has been requested for fiscal 2006, and another \$330 million increase has been programmed for fiscal 2007 to 2010.

3. U.S. troops bust smuggling ring near Syrian border

IRAQ—Multinational forces swooped on a known foreign-fighter and weaponssmuggling ring situated near the Iraqi and Syrian border Tuesday.

The terrorists immediately assaulted Coalition forces with small-arms and multi-purpose assault weapons. Initial reports say a number of foreign terrorists were killed. No coalition forces were injured in the operation.

Two other raids conducted in the area in the past week resulted in the capture of smugglers who confessed to bringing weapons, foreign fighters and money for terrorists across the Syrian border into Iraq.

4. U.S. troops battle insurgents in Afghanistan

AFGHANISTAN — Two American troops were wounded during a firefight April 11 near Khwost, Afghanistan.

The two injured Americans were treated and were listed in stable condition.

About 12 insurgents were killed in the engagement, which began when they attacked 30 to 35 Afghan security forces. Coalition forces were called to the scene.

After the fighting, Coalition forces discovered an improvised explosive device on a dead insurgent.

On the same day, Afghan citizens, police and Coalition troops teamed up and confiscated four weapons caches.

"The turn-in of these caches is a testimonial to the positive working relationship we've cultivated with the Afghan police," said Maj. J.R. Mendoza, a U.S. information operations officer. Removing dangerous munitions, he said, "not only denies insurgents the materials they need to continue their fight, but it also makes these communities safer for everyone."

Planes of the 1940s

19

28

52 53

60

44 45

ACROSS

- 1. Dr.'s org.
- 4. Small amount
- 7. _ ___ of faith
- 12. __ Tin Tin
- 13. African country
- 14. Bee's goal
- 16. Movie magic with computers, in short
- 17. Snack cookie
- 18. Best player
- 19. North American P-51D
- 22. Sick
- 23. Owns
- 24. Tennis player Kournikova
- 25. Bandanna
- 27. Write
- 29. Caper
- 31. Sobs
- 32. __ Tai; tropical drink
- 33. Entrances
- 34. Continent
- 37. Old form of you
- 41. Turner org.
- 42. Bridge
- 43. Underway
- 44. Subscriber
- 46. Foreclosures
- 47. British aircraft Gloster
- 50. Scar
- 51. Between
- 52. Deceive
- 54. Poet Pound
- 58. Earth
- 59. Fieseler FI 156C-1 _
- 61. Snake-like fish
- 62. Bread
- 63. U.S. Douglas A-20 _
- 64. Cell part, in short
- 65. Big ____, Calif.
- 66. Stadiums
- 67. USAF commissioning source

DOWN

- maker, in short
- category
- 4. Tooth concern
- 5. _ ___ mean fighting

- 11. Statement ender
- 13. Army equivalent to
- 15. Actor Nick
- 23. Native American

- 27. Australian rock group
- 28. CIA precursor

- 40. Time until out of mil. service
- 42. Formal greeting
- 44. Middle
- 45. Timber

- 49. Japanese Kawasaki
- Ki-45
- 50. Islamic holy place

- 1. Circle part
- 2. 1940s Russian aircraft
- 3. Finding Nemo film

- 6. Singer Warwick
- 7. Psychologist's org.
- 8. Computer laugh? 9. Building extension
- 10. South American
- **AFSC**
- 20. R&B singer
- 21. Fuel
- tribe
- 25. Auto club
- 26. British Supermarine

- 30. Nashville music org.
- 34. Mock
- 35. ___ Diego
- 36. Football stat
- 38. Garden tool
- 39. Long time

- 43. Pie _ __ mode
- 47. Angry
- 48. Sultans

- 52. Cherish
- _ out; smooth over
- 55. Japanese Mitsubishi A6M

56. Lease, as in an

- apartment 57. Unfortunately
- _ Na Na
- 60. Roofing need (Crossword created by

1st Lt. Tony Wickman, Alas-



15

56

March Hard Charger award winners

Senior Airman Candice Compton

Deployed unit: 379th Expeditionary Logistics Readiness Squadron

Home station: Travis Air Force Base, Calif.



Staff Sqt. **Chiffon Liggins**

Deployed unit: 379th Expeditionary Operations Support Squadron

Home station: Pope Air Force Base, N.C.



Outstanding accomplishment: Airman Outstanding accomplishment: Sergeant Compton expertly routed 1,309 personnel Liggins provided flight accountability and from the AOR via Air Mobility Command and battle staff intelligence support within 15 minutes of a recent suicide bomber ensured 100 percent of seats were used saving \$2.1 million. She booked 20 emerattack. She processed more than gency leaves within 24 hours. She also 270 mission reports for more than scrutinized 100 percent of the commercial 2,400 sorties viewed AOR-wide — which was air reservations saving \$50,000. key to quantifying threat-to-air operations.



Yellow bracelet guidance

The Lance Armstrong bracelet cannot be worn in uniform. The yellow bracelet, which supports a cancer foundation, does not meet the conservative criteria outlined in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

NARRIOR OF THE WEEK



HOME STATION:

Brooks City-Base, Texas

CURRENT SQUADRON:

379th Expeditionary Operations Support Squadron

DAYS IN AOR: 94

GOALS FOR THIS DEPLOYMENT:

My goals for this deployment are to learn more about my job, do the best job I can and leave our facility a better one for the next rotation.

BEST AIR FORCE MEMORY:

I have many great Air Force memories. Joining the Air Force has opened my eyes to a bigger world, brought great people into my life and has helped me to grow.

HOBBIES:

I love to travel, watch movies and spend time with my friends and family.

Drive safely

Base members are reminded to observe all posted speed limit signs and to drive cautiously and safely at all times.



SWA T I P S Do: Do: room

This section of the Desert Eagle is designed to help people better understand and appreciate the culture and history of our hosts here.

DOS AND DON'TS OF MEETING

DO: Arrive on time — not early.

DO: Shake hands with everyone when entering and leaving the room.

DO: Drink at least one cup of the offered beverages.

DO: Start a meeting with small talk and maintain eye contact.

DON'T: Be completely business-oriented; don't ask yes or no questions.

DON'T: Point the soles of the feet at an Arab when sitting with him. To do so implies you are placing him under your feet, which is an insult.

DON'T: Expect or ask an Arab to uncover his head.



Reporting suspicious activities:

- ☐ Annotate a person(s) ethnicity, dress, facial hair, glasses, sex, height, weight and any distinguishing marks
- ☐ Annotate a vehicle(s) make, model, color, markings and license plate number
 - Follow S.A.L.U.T.E.:
 - Size How many
 - Activity What they are doing
 - ☐ Location Where they are at
 - ☐ Uniform How they are dressed
 - ☐ Time When the incident occurred ☐ Equipment What they used

To report suspicious activities, call 437-2640 or 437-2533.

GYM = Gymnasium

DEL = Desert Eagle Lounge FIT = Fitness Center AR = Aerobics Room WR = Weight Room MP = Memorial Plaza CAC = Community Activities Center THE = Base Theater RHP = Red Horse Pad OBC = Outdoor Basketball Court

OVC = Outdoor Volleyball Court **TODAY**

1300 to 1700 — Wing Barbecue (MP) 1300 — Life Aquatic (CAC)

1300 to 1900 — Firemen's Muster Team Events (OBC) 1330 - Pinochle (CAC) 1330 — Hearts (CAC) 1400 — 8-Ball (DEL) 1600 — Meet the Fockers (CAC) 1600 — K-9 Demonstration (MP) 1700 — One-mile Swim Competition (Pool) 1800 — Step Aerobics (AR) 1900 — West Coast Swing (AR) 1900 — Drawing for Casino Night prizes (MP) 1900 — Ocean's Twelve (CAC) 1915 — Bar Bingo (DEL) 2000 — "Spring It On" events awards presentation (MP) 2000 — Tang Soo Do (AR) 2000 — Island Music in the Plaza (MP) 2100 — Dominoes (CAC) 2100 — Commander's Trophy Award presentation (MP) 2200 — **Ray** (CAC)

MONDAY

0100 - Spades (CAC) 0400 - Blade: Trinity (CAC) 0615 — Abs (AR) 0700 — Hide and Seek (CAC) 0800 - Dominoes (CAC) 0900 - Upper Body (AR) 0915 — Bar Bingo (DEL) 1000 — Spanglish (CAC) 1000 — 8-Ball (DEL) 1000 — Tang Soo Do (AR) 1130 — Pilates (AR) 1300 — Coach Carter (CAC) 1330 — Poker (CAC) 1400 — 9-Ball (DEL) 1600 — Blade: Trinity (CAC) 1800 — Intramural Basketball (Gym) 1830 — Fabulous Abs (AR) 1900 — Hide and Seek (CAC) 1900 — 20/20 (AR) 1915 — Bar Bingo (DEL) 2000 - Kickboxing (AR) 2000 - Bingo in the Plaza (MP) 2100 — Brazilian Jujitsu (AR)

0030 - Coach Carter (CAC)

TUESDAY

0030 - Ladykillers (CAC) 0100 — Rummy (CAC) 0400 — *Robots* (CAC) 0700 - Ladder 49 (CAC) 0800 — Yoga (AR)

2200 — Spanglish (CAC)

TUES. cont'd

0800 — Chess (CAC) 0900 — 6-on-6 Volleyball (Gym) 0915 — Bar Bingo (DEL) 0930 — Fabulous Abs (AR) 1000 — The Incredibles (CAC) 1000 — Short-rack 8-Ball (DEL) 1300 — Ladykillers (CAC) 1330 — Foosball (CAC) 1400 — War Tourney (DEL) 1600 — **Robots** (CAC) 1715 — Bar Bingo (DEL) 1730 — Brazilian Jujitsu (AR) 1800 — Intramural Basketball (Gym) 1830 — Step Aerobics (AR) 1830 — Combat Aerobics (RHP) 1900 — Ladder 49 (CAC) 1930 - Salsa (AR) 2000 — Latin Music in the Plaza (MP) 2030 — Spades (CAC) 2100 — Aikido/Ninjutsu (AR) 2200 - Kendo (AR) 2200 — The Incredibles (CAC)

WEDNESDAY

0030 — *Cellular* (CAC) 0100 — 3-Point Shoot Out (Gym) 0100 — Doubles Ping Pong (CAC) 0400 — Because of Winn-Dixie (CAC) 0615 - Abs (AR) 0700 - Blade: Trinity (CAC) 0700 — Lower Body (AR) 0800 — Cribbage (CAC) 0915 — Bar Bingo (DEL) 0930 — Fabulous Abs (AR) 1000 — War Tourney (DEL) 1000 — Tang Soo Do (AR) 1000 — *Meet the Fockers* (CAC) 1300 — *Cellular* (CAC) 1330 — Dominoes (CAC) 1400 — Short-rack 8-Ball (DEL) 1600 — Because of Winn-Dixie (CAC)

1800 — Intramural Basketball (Gym) 1900 — **Blade: Trinity** (CAC) 1915 — Bar Bingo (DEL)

1800 — Brazilian Jujitsu (AR)

1930 — Kickboxing (AR) 2000 — Quiet Night in the Plaza (MP)

2000 — Doubles Ping Pong (CAC) 2030 — Tang Soo Do (AR)

2100 — Chess (CAC)

2200 - Meet the Fockers (CAC)

THURSDAY 0030 — I Heart Huckabees (CAC) 0100 - Foosball (CAC) 0400 — **Sideways** (CAC) 0700 — *Robots* (CAC) 0800 — Yoga (AR) 0800 - Pinochle (CAC) 0915 — Bar Bingo (DEL) 0930 — Fabulous Abs (AR) 1000 — 8-Ball (DEL) 1000 — Ocean's Twelve (CAC) 1130 — Pilates (AR) 1300 — I Heart Huckabees (CAC) 1330 — Cribbage (CAC) 1400 — 9-Ball (DEL) 1600 — **Sideways** (CAC) 1715 — Bar Bingo (DEL)

1800 — Intramural Basketball (Gym)

1830 — Combat Aerobics (RHP)

THURS. cont'd

April 17, 2005

1830 — Fabulous Abs (AR) 1900 — **Robots** (CAC) 1930 — West Coast Swing Class (AR) 2000 — Country Music in the Plaza (MP) 2030 - Doubles 8-Ball (CAC) 2100 — Aikido/Ninjutsu (AR) 2200 — *Ocean's Twelve* (CAC) 2200 — Kendo (AR)

FRIDAY

0030 - Fat Albert (CAC) 0100 - Blackjack (CAC) 0400 — Coach Carter (CAC) 0615 — Abs (AR) 0700 — Biathlon (Pool) 0700 — *Elektra* (CAC) 0700 — Step Aerobics (AR) 0800 — Poker (CAC) 0915 — Bar Bingo (DEL) 1000 — 9-Ball (DEL) 1000 — Tang Soo Do (AR) 1000 - Flight of the Phoenix (CAC) 1130 — Pilates (AR) 1300 — Fat Albert (CAC) 1330 — Spades (CAC) 1400 — 8-Ball (CAC) 1600 — Coach Carter (CAC) 1830 — Step Aerobics (AR) 1900 — *Elektra* (CAC) 1915 — Bar Bingo (DEL) 2000 — Reggae Music in the Plaza (MP)

2030 — Brazilian Jujitsu (AR)

2030 — 9-Ball (CAC)

2200 - Flight of the Phoenix (CAC)

SATURDAY

0030 - Spanglish (CAC) 0100 — Dominoes (CAC) 0400 — Hide and Seek (CAC) 0700 — Life Aquatic (CAC) 0800 — 9-Ball (CAC) 0915 — Bar Bingo (DEL) 0930 — Fabulous Abs (AR) 1000 — Blade: Trinity (CAC) 1000 — Dodgeball (GYM) 1000 — Winner's Game Pool Tourney (DEL) 1130 — Pilates (AR) 1300 — **Spanglish** (CAC) 1330 — Doubles Ping Pong (CAC)

1400 — Winner's Game Pool Tourney (DEL) 1600 — Hide and Seek (CAC)

1800 — Dodgeball (Gym) 1830 — Step Aerobics (AR) 1830 — Combat Aerobics (RHP) 1900 — Life Aquatic (CAC)

1930 — Salsa (AR)

2000 - Rock Music in the Plaza (MP)

2100 — Cribbage (CAC) 2100 — Aikido/Ninjutsu (AR) 2200 — Blade: Trinity (CAC) 2200 — Kendo (AR)

The Independence Dining Facility in Coalition Compound will be closed from 11 a.m. to 5 p.m. today. People can attend the Wing Barbecue at Memorial Plaza for an all-you-can-eat buffet.

The following is a schedule of events featured in the base theater located in Coalition Compound.

1200 — Islamic Prayer (MPR)

1800 — Bible Study (MPR)

1900 — Men's Study (MPR)

2000 — Islamic Prayer (MPR)

0430 — Islamic Prayer (MPR) 1130 — Daily Mass (Blessed Sacrament)

1800 — Daily Mass (Blessed Sacrament)

1730 — Catholic Rosary (Blessed Sacrament)

1900 — Latter-Day Saints Activity Night (CfR)

1930 — Ephesians Study (CAOC CfR Room 1)

2000 — Contemporary Worship Music Practice

This list is subject to change. For the latest movie listing, please check the posting outside the theater door or call 437-8340

1530 — Ocean's Twelve

2230 — Meet the Fockers

1530 — 3,000 Miles to Graceland			
1930 — Collateral Damage			
2230 — Backdraft			
Monday	01		
0130 — Blade: Trinity	09		
0900 — Ocean's Twelve			
1300 — Meet the Fockers			
1530 — White Noise			
1930 — Boogeyman			
2230 — Robots	01		
Tuesday	09		
0130 — Life Aquatic			
CHA			
All services and practices are in the chapel, unoted otherwise. Chapel office hours are 073 1700. Call the chapel at 437-8811 or 437-75	0		

Wednesday

Today 1300 — Firestorm 1530 — 3,000 Miles to Graceland 1930 — Collateral Damage 2230 — Backdraft Monday 0130 — Blade: Trinity 0900 — Ocean's Twelve 1300 — Meet the Fockers 1530 — White Noise 1930 — Boogeyman 2230 — Robots Tuesday 0130 — Life Aquatic	1300 — 1930 — 2230 — 0130 — 0900 — 1300 — 1930 — 2230 — 0130 — 0900 —	Blade: Trinity Spanglish Ocean's Twelve White Noise Wednesday White Noise Meet the Fockers Boogeyman Robots Ocean's Twelve Thursday Spanglish Blade: Trinity Boogeyman	Friday 0130 — Robots 1930 — White Noise 2230 — Blade: Trinity Saturday 0130 — Boogeyman 0900 — Robots 1300 — White Noise 1530 — Ocean's Twelv 1930 — Spanglish 2230 — Meet the Fock
CHA	PI	EL <u>sche</u>	<u>edule</u>
All services and practices are in the chapel noted otherwise. Chapel office hours are 0 1700. Call the chapel at 437-8811 or 437-7 Jewish worship times. MPR: Multi-purpose Room; CfR: Conferen Monday 0430 — Islamic Prayer (MPR)	730 to 576 for		yer (MPR) noir Practice f the Word (MPR)
0800 — Redeployment Brief 1130 — Islamic Prayer (MPR) 1130 — Daily Mass (Blessed Sacrament) 1400 — Contemporary Worship Music 1700 — Redeployment Brief 1730 — Catholic Rosary (Blessed Sacrament) 1800 — Daily Mass (Blessed Sacrament) 1830 — Inspirational Music Ministry 1900 — Islamic Prayer (MPR) 2000 — Desert Disciples (CfR)		1800 — Daily Mass 1900 — That the V	yer (MPR)
Tuesday 0430 — Islamic Prayer (MPR) 1130 — Daily Mass (Blessed Sacrament) 1200 — Islamic Prayer (MPR) 1600 — Contemporary Worship Music 1700 — Wild at Heart (CfR) 1730 — Catholic Rosary (Blessed Sacrament) 1800 — Daily Mass (Blessed Sacrament) 1900 — Bible Study — Hosea (CfR) 1900 — Islamic Prayer (MPR) 1900 — Inspirational Music Ministry		1030 — Seventh-D 1200 — Islamic Pra 1830 — Catholic Co	al Music Ministry egrity (CfR) Virtue (MPR) Saturday yer (MPR) rary Worship Music Practice ay Adventist (MPR) yer (MPR) onfession (or upon request)
1930 — Biblical on Leadership (CAOC) 2030 — Praise Dance Team		1900 — Catholic Ma 1900 — Islamic Pra	yer (MPR)

Inspirational Music Ministry Islamic Prayer (MPR) Catholic Choir Practice Warriors of the Word (MPR) Inspirational Music Ministry Friday — Islamic Prayer (MPR) — Daily Mass Islamic Prayer (MPR) - RCIA (CfR) Contemporary Choir Catholic Rosary (Blessed Sacrament) Daily Mass (Blessed Sacrament) That the World May Know — Holy Land Series (CfR) — Islamic Prayer (MPR) Inspirational Music Ministry Men of Integrity (CfR) Women of Virtue (MPR) Saturday Islamic Prayer (MPR) Contemporary Worship Music Practice Seventh-Day Adventist (MPR) - Islamic Prayer (MPR) Catholic Confession (or upon request) Catholic Mass - Islamic Prayer (MPR) 2000 — Contemporary Choir 2000 — Keepers of Prayer (MPR) Sunday 0800 — Catholic Mass

0800 — Contemporary Service Prayer Group (MPR) 0900 — Christian Orthodox Service (MPR) 0930 — Contemporary Worship Service 0930 — Protestant Service (CAOC 2nd floor CfR) 1030 — Catholic Mass (CAOC 2nd floor CfR) 1100 — Church of Christ (MPR) 1300 — Islamic Prayer (MPR) 1300 — LDS Service 1400 — LDS Sunday School 1600 — RED HORSE Inspirational Service (Bldg. 4007) 1600 — Traditional Protestant Service 1800 — Catholic Mass 1830 — Inspirational Service Leaders' Meeting (MPR) 1900 — Islamic Prayer (MPR)

1930 — Inspirational Worship Service

2000 — Alcoholics Anonymous (CfR)



Lunch: Roast Turkey, Baked Ham, Macaroni and Tomatoes, Corn Bread Dressing, Mashed Potatoes, Herbed Green Beans, Succotash, Chicken Gravy, Chicken Noodle Soup Dinner: Baked Chicken, Cajun Meat Loaf, Steamed Rice, Cottage Fried Potatoes, Broccoli, Carrots, Chicken Gravy, Chicken Noodle Soup Snackline: Cannonball Sandwich, Chicken Nuggets, Burritos, Chicken Breast, Fries Salad Bar: Macaroni Salad

Monday

Lunch: Barbecue Beef Cubes, Fried Chicken, Mashed Potatoes, Steamed Rice, Mustard Greens, Mixed Vegetables, Brown Gravy, Cream of Mushroom Soup Dinner: Onion Lemon Baked Fish, Yakisoba, Pea and Pepper Rice, O'Brien Potatoes, Spinach, Peas and Carrots, Brown Gravy, Cream of Mushroom Soup Snackline: Steak and Cheese Sub, Pizza, Burritos, Chicken Breast, Potato Wedges Salad Bar: Fruit Salad

Tuesday

Lunch: Cheese Enchiladas, Beef Enchiladas, Chicken and Beef Fajitas, Jalapeno Corn Bread, Mexican Rice, Refried Beans, Mexican Corn, Mexican Onions Dinner: Pork Chop Suey, Chinese Fivespice Chicken, Filipino Rice, Jefferson Noodles, Squash, Bean Combo, Brown Gravy, Mexican Onions Snackline: Tacos, Burritos, Chicken Breast, Onion Rings Salad Bar: Italian Pasta

Wednesday

Lunch: Grilled Steak, Fried Shrimp, Rigatoni, Baked Potatoes, Carrots, Corn on the Cob, Brown Gravy, Tomato Soup Dinner: Beef Stew, Barbecue Chicken, Steamed Rice, Mashed Potatoes, Corn, Okra and Tomato Gumbo, Brown Gravy, Tomato Soup Snackline: Cheese Sticks, Buffalo Wings, Burritos, Chicken Breast, Fries Salad Bar: Three-bean Salad

Thursday

Lunch: Grilled Ham Steaks, Baked Turkey and Noodles, Steamed Rice, Paprika Buttered Potatoes, Asparagus, Peas and Carrots, Cream Gravy, Cream of Broccoli Soup Dinner: Shrimp Creole, Beef and Broccoli Stir Fry, Shrimp Fried Rice, Spaghetti, Green Beans, Cauliflower, Cream Gravy, Cream of Broccoli Soup Snackline: Sloppy Joes, Nachos, Burritos, Chicken Breast, Onion Rings Salad Bar: Cucumber and Onion Salad

Friday

Lunch: Sweet and Sour Chicken, Yankee Pot Roast, Steamed Rice, Macaroni and Cheese, Cauliflower Combo, Southern-style Greens, Brown Gravy, Beef Noodle Soup Dinner: Teriyaki Chicken, Salisbury Steak, Steamed Pasta, Mashed Potatoes, Lima Beans, Glazed Carrots, Brown Gravy, Beef Noodle Soup Snackline: Chicken Nuggets, Calzones, Burritos, Chicken Breast, Potato Wedges Salad Bar: Potato Salad

Saturday

Lunch: Bratwurst with Sauerkraut, Pepper Steak. Baked Potatoes, Lyonnaise Rice, Mixed Vegetables, Asparagus, Brown Gravy, Chicken Noodle Soup Dinner: Roast Beef, Fried Chicken, Rice Pilaf, Cottage Fried Potatoes, Broccoli Combo, Wax Beans, Brown Gravy, Chicken Noodle Soup Snackline: Jalapeno Poppers, Pizza, Burritos, Chicken Breast, Fries Salad Bar: Cole Slaw

Thursday

0430 — Islamic Prayer (MPR)

1130 — Daily Mass (Blessed Sacrament)

2000 — Alcoholics Anonymous (CfR)

1200 - Lunch Time Bible Study: The Purpose-

Driven Life (Bldg. 4007)

1200 — Islamic Prayer (MPR)



SIGHTSEEING — Maj. Gen. Maurice McFann Jr., Air Force chief of safety, meets 1st Lt. Tony Moffett, 379th Air Expeditionary Wing protocol member, during his stop here Monday. General McFann conducted an AOR-wide safety orientation to see how expeditionary safety programs are working.



PICTURE PERFECT — A C-130 sits on the runway during a picturesque sunset here April 11.